

3. Response to Office Action item 3, Specification.

In page 6, line 3 of the Application, it is requested to delete the word "weigh" and insert in its place the word --weight--.

4. Response to Office Action items 4 and 5.

Figure 3 of the Application showed the essence of the invention, whereas Figure 4 demonstrated a prototype for achieving the physics depicted in Figure 3 to improve running speed and efficiency. Thus Claim 1 as written sought to claim items 60 and 70 of Figure 3 as it was recognized in page 5, paragraph 3, that the sample device in Figure 4 could take different forms. In light of the rejection and to differentiate the present invention from the eight patents cited, it is requested to delete Claim 1 as originally submitted and to insert a new Claim 1, as stated below, to establish FAST as a new specie not previously envisioned.

1. A Fast Arm-Swing Tether system comprising  
a frontal protrusion means with a support located in front of chest at a distance less than length of lower arm away from chest, and  
a pendulum means;  
with said frontal protrusion means worn by an athlete;  
with said support at the frontal protrusion means effective to hang said pendulum means;  
with the pendulum means hanging from the support; and  
with the pendulum means effective in providing hanging support to ends of lower arms of said athlete so as to enhance arm-swing pendulum motion.

Applicant hopes the above discussion has been presented with sufficient clarity and has adequately addressed the Office Action objections.

Sincerely,



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